

WESTFORD COUNCIL ON AGING NEWSLETTER

MAY 2017

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.
EVENING HOURS: TUESDAY'S & THURSDAY'S 4:00 — 8 00 P.M.
20 PLEASANT ST., WESTFORD, MA
978-692-5523. www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire FranceRecords Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene JungbluthLead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Christopher Mitchell Maintenance
Katherine Russell.....Senior Assistant
Ashley Diaz.....Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Nancy Cook.....Chair
Robert TierneyVice Chair
Kathryn WilsonClerk

Helena Crocker, Patricia Holmes,
Sandra Collins, Ret. Chief George Rogers

FRIENDS OF THE CAMERON OFFICERS

Edward GreenwoodPresident
Richard SeverynVice President
Joyce CederbergSecretary
Joyce Newton Treasurer
Barbara Upperman..... Asst. Treasurer

REMINDERS: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS ~
The Cameron Senior Center will be Closed on Monday, May 29th
for the Memorial Day Holiday.



WOMAN'S BREAKFAST!

In honor of Mother's Day, May's Woman's Breakfast on Thursday, May 11 at 8AM is being generously sponsored by Patti Mason, Mary Alcorn, and Angela Harkness. This will be the last Woman's Breakfast for the series; We would like to thank all the volunteers that have helped with the Woman's Breakfast it could not have been done without you. Advanced registration is requested for Mother's Day breakfast so please call 978-692-5523. The next Woman's Breakfast will be on Thursday, September 14.

"GAY NINETIES CELEBRATION!"

The Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 23rd from 10:30 AM – 2:30 PM at the Franco American Club.** In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978-692-5523 before May 12th.** If you were born in 1927 or earlier, please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guest and they will be seated at your table; **both the honoree and their two guests attend free of charge.** The cost for the other guests will be \$9 if you are not a member of the Friends of Cameron and \$7 if you are a Friends member. Transportation is available.

55+ EARLY EVENING PROGRAMS

LOWELL GENERAL SERIES – We are pleased to offer a FREE monthly series with speakers from Lowell General Hospital on the 2nd Tuesday of every month. Mark your calendars and register by calling Lowell General at 1-877-544-9355.

May 9 – A Healthy Nervous System leads to a Healthy Life: Learn how proper care of your spine and nervous system can help you take charge of your health and reduce stress and exhaustion. Program is 5:30-6:30 P.M.

June 13 – Anger Management: Learn to utilize the principles of deep relaxation, slow breathing, affirmations and imagery to bring better control to anger issues. This session is helpful for those needing to manage anger or if you deal with people that have anger issues. Program begins at 6:30 P.M.

TAI CHI-YANG TAO - This short form of Tai Chi will be offered here for 8 weeks starting **4/20 to 6/8** on Thursdays from 7:00- 8:00 p.m. This form is a series of 13 movements done in a circular pattern in five directions. Tai Chi can reduce stress, improve balance, expand range of motion, and enhance quality of life. The cost is \$40 for Westford residents. Please call Lowell General to register at 1-877-544-9355.

NEW BOOK CLUB

Do you love to read and would like to talk to others about a great book? Then this is the program for you. We will host this activity the 3rd Tuesday of every month, so our next meeting is **May 16 at 6:00 P.M.** We will be reading **“Molokai” by Alan Brennert**, a story about a young Hawaiian girl taken from her home to a faraway island. As a group, you all will decide the future books to review. Hope to see you in our cozy library. Please call to sign up at 978-692-5523.

MOVIE NIGHT

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie will be shown. **On May 18 we will be showing “Sully” – the movie about the hero pilot, Captain Sullenberger (Tom Hanks) who made an emergency landing in the NY Hudson River.** A light meal and popcorn will be served. Please call to sign up at 978-692-5523 by May 15.

“SANDWICH GENERATION” SERIES”

We are offering a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. These sessions are open to folks of all ages. Please sign up at 978-692-5523 by Friday, May 19.

May 23rd – Savvy Social Security Planning for Boomers: A new generation is getting ready to collect Social Security. Find out what you need to know to make the most out of your retirement benefits. How and when to sign up for benefits, minimizing taxes and estimating income and more. **Jon Bicknell, a Certified Financial Planner will be sponsoring this program.**

NEW PROGRAMS**DANCING (WITH THE STARS) IS BACK!**

We are excited to bring a dance back to the center on **Friday, June 9, 4:30-7:30 pm.** Our one and only **Upbeats Band** will be our entertainment. We will have a light meal and refreshments along with a raffle. The cost is \$5.00 per person and please rsvp by Friday, June 2 to 978-692-5523. Get on your dancing shoes!!

EXPRESS YOURSELF WALL

Hopefully you have noticed our wall of photography and art work in the entry lobby. If you have something you would like to contribute to our wall that would be most appreciated. We are seeking your photography, poetry, artwork, or other forms of creativity that you would like to share with others.

CAMERON FITNESS CAMP

A free, 12 week- group training class, suitable for all levels from beginners to advanced. Class includes: cardio; weight or resistance training for bone health and posture; and a dynamic stretching for flexibility. **Instructor Kim Vespucci is a NPTI certified. A new class will start Wednesday, May 24 at 1:30pm.** All are welcome. Please call 978-692-5523 to sign up.

SERENITEA

Tuesday, May 16 at 2pm at Cameron ~ join Julie from Senior Helpers for a time to relax and drink and learn about the different types of teas and their uses. Sign up quickly space is limited call the front desk at 978 692-5523.

FAITHWORKS

We would like to extend our appreciation to all the volunteers from local Methodist churches that provided a day of service to Westford seniors on May 13. The residents greatly benefited from this outreach program. Yards were cleaned, porches painted, and minor repairs were made. Thank you!

RED DAY

Much thanks to our local real estate agency, Keller Williams, for hosting a spring cleanup date for a few of our local senior residents. This type of community outreach makes Westford a very special place.

REFLEXOLOGY, MANICURES, PEDICURES AT CAMERON

Veronica Thompson a popular reflexologist amongst COA's will be here on **Wednesday, May 10, 9:30 am - 3:30 pm.** Manicure \$15, Pedicure \$22, Gels \$25, Rebalancing \$21 and Reflexology (acupressure) \$25 for 30 minutes and \$45 for one hour. These appointments go quickly so call Veronica at 978-407-7658 or email to veronica@greatkneads.com to make your appointment.

Food & Friendship

WEDNESDAY LUNCH

Lunch will be served at **12 noon**. The cost is \$3. Reservations are required 24 hours in advance (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

Wednesday, May 3: Salad Bar

Wednesday, May 10: Lasagna w/salad

Wednesday, May 17: Salad Bar

Wednesday, May 24: Tacos with rice & beans and
(Jennifer will bring Flan for dessert)

Wednesday, May 31: Salad Bar

MEN'S BREAKFAST

Tuesday, May 9 at 8 AM. Our speaker will be **Joe Andrews, the coin expert**, who was rescheduled after a snow cancellation. If you want him to look at a couple of coins for you, please bring them. Please RSVP by Friday May 5 to 978-692-5523 or achristopher@westfordma.gov so that we can plan for food. June's Men's Breakfast will be on Tuesday, June 13.

BIRTHDAY CELEBRATION

Come Celebrate the **May Birthdays!** Lunch is prepared by the students of the **Elegant Chef restaurant at Nashoba Tech**, followed by **cake and ice cream that will be sponsored by Exit Reality**. Please call in advance to register at 978-692-5523. Cost for Birthday Celebrants is free and to guests the cost will be \$5.00. **Thursday, May 25 at 12:30 pm. Menu: Chicken Parmesan.**

ELEGANT CHEF LUNCHEON

Last Call Before School Summer Vacation

Monday, May 8 at 11:30AM

Enjoy this three course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. Lunch is \$9.00 – RSVP must be three-day notice at 978-692-5523.

May Menu Selections: Roast Pork Loin or Chicken Piccata

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on **Wednesday, May 31, 11:30 am at Cross Roads Café, 405 Nagog Park, Acton**. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

LUNCH AND LEARN

Friday, May 12 at 12:15 pm

Come enjoy an informational program on identifying, harvesting edible and medicinal plants in wild (and not so wild) with instructor: **Rachel Goclawski**. Lunch will be from the **New Village Breakfast Restaurant in Forge Village**. Please RSVP to 978-692-5523 with a 48-hour notice so we can plan for food.

LET'S MAKE CUPCAKES (Oh how fun and good too!!)

Friday, May 19 at 1 pm

Cupcake decorating class **sponsored by Rivercourt Residence**. Sign up quickly and let's have fun, please call 978-692-5523. **If you would like to join us for lunch at 12:30 pm and have a lobster roll, chips and a drink for \$8 please let us know when you register.**

Health & Wellness

SPECIAL PROGRAM OFFERING:

NEW IDEAS ON HEALTHY EATING ON A BUDGET

Date: Monday, May 1 at 10:30 am

Location: Cameron Senior Center Kitchen, 20 Pleasant Street

Instructor: Julie Shepherd

Come join Julie Shepherd for a mid-morning class as she discusses healthy eating on a mindful food budget as well as meal planning, nutrition guideline highlights and food safety through engaging hands-on activities. **Free, Register online at www.roudenbush.org or call 978 692 5511.**

****This program is through grant funding the Roudenbush secured from Middlesex Bank.****

BLOOD PRESSURE & MORE – Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center with the Westford Health Department.

Tuesday: May 9 at 9:30 a.m.

WESTFORD HEARING CLINIC

Monday: May 8 from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with **Dr. Megan Ford from HearSmart Audiology** of Littleton. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509. Sponsored by the Westford Health Department.

"WESTFEST"

Please Join the Westford Health Department and Aunties Sweet Shop as we present **"Westfest" Saturday, May 6, 2017 at the Abbot Elementary School**. The Health & Wellness Fair runs **between 11:00 am - 3:00 pm and Food Truck Festival 11:00 am-4:00 pm**. Over 40 vendors and Free Screenings including: Blood Pressures, Body Mass Index, Hearing screening, Pediatric Dental Screening, Concussion Education and Testing, Elder Services, Mental Health Information, Free Kid Activities, Cooking Demonstrations by Whole Foods, Bounce House, Dunk Tank, Touch A Truck, Raffle Prizes and Give-A-Ways and Much More. Walk-In, No Appointments needed.

Come see the Cameron Senior Center booth at the Westford Health Department Fair on Saturday May 6 We will have some fun displays, contests, and prizes! Visit your senior center staff and enjoy the festive atmosphere. We look forward to seeing you there!

PODIATRY CLINIC**Monday: June 5 at 9:30 a.m.**

Advance appointments are necessary with Dr. Aileen Gregorian.
Call 978-692-5523. **Cost is \$30.**

Fitness and Exercise

THANKS TO THE GENEROSITY OF THE FRIENDS OF CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'
NOTE: SEE MONTHLY CALENDARS FOR CLASSES.
WE INVITE ALL TO PARTICIPATE

FITNESS/STRENGTH TRAINING ROOM**Monday – Friday 8 a.m. - 3:30 p.m.****Tuesday's & Thursday's 4—7:45 p.m.**

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

BONE BUILDERS

The Cameron is fortunate to have several Bone Builder classes through a partnership with Community Teamwork, Inc.. These morning and afternoon classes are available to anyone age 60 and over but you must complete a simple application to participate in these balance, core and strength building classes. So, please ask the Registrar at the front desk for an application so you can be a part of these classes.

Outreach & Support

With the beautiful weather upon us I'm sure many of you will be enjoying the fresh air. We hope you will stop by and visit us at the Cameron for some socialization, volunteering or one of our many exciting programs. If you are unable to get here and would like a visit, please call me, Annette, at 978-399-2326. We are here to serve you.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326.

Annette

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m.
For information, call Sandy at 978-758-6072.

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization.
Call 1-800-892-0890 to register.

DID YOU KNOW? CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

Ongoing Activities

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 7 p.m.

Doors open ½ hour early. **Remember:** the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322.

CRIBBAGE

Wednesday 1 - 3 p.m. Come join our fun group!

GENEALOGY WORKSHOP

Interested in researching your family's ancestry? Call 978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

PING PONG

If you enjoy playing ping pong join our avid players in the card room each **Monday at 1:45 pm, Friday at 9:45 am and Tuesday evenings from 4:00 - 7:30 pm.** Come meet and join this active and diverse group of players!

MUSIC MAKERS – If you like music and enjoy singing, please join the Music Makers choral group for Friday morning rehearsals (9 – 10:30 am) as we prepare for our springtime performances. Rehearsals and performances are friendly, casual and rewarding.

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS – Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

UPBEATS If you love music, play an instrument and want to have fun, come join this wonderful group of musicians practice time on Tuesdays at 10:15 am.

The Upbeats will be performing at the Chelmsford Senior Center, **Wednesday, May 10 from 12 - 12:45 pm**; Rivercourt Residences, 8 West Street, Groton, MA, **Monday, May 15 from 2:30 - 3:30 pm**; Bridges in Westford, **Thursday, May 25 from 3 - 4 pm**.

ASK THE LAWYER – Tuesday, May 9 at 9:30 a.m. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, May 11 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR – Monday, May 8 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523.

SHINE – Monday, May 8 at 1 p.m. Call for a private, confidential appointment at the Cameron to answer your health insurance or Medicare questions. Call 978-692-5523.

VETERANS SERVICES – Thursdays, 8 a.m. to noon. Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. **Only on the first Thursday's of each month Terry will have evening hours from 4 - 8 pm. The remaining Thursdays of each month will continue with his usual AM hours.** His regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

FOOD PANTRY

WESTFORD COMMUNITY FOOD PANTRY, LOCATED ON THE FIRST FLOOR AT CAMERON, IS STAFFED BY VOLUNTEERS.

MAY HOURS:

- **Mondays: May 1 & 15** from 1 - 3:30 a.m.
- **Wednesdays: May 3 & 17** from 8:30 - 11:30 a.m. and **May 3, 10, 17 24 & 31** from 6 - 8 p.m.
- **Thursdays: May 4 & 18** from 9:30 - 11:30 a.m.
- **Fridays: May 5, 12, 19 & 26** from 8:30 - 11 a.m.
- **Saturdays: May 6, 13, & 20** from 9 - 11 a.m.

Financial Info

MEET THE BANKER ~ New Service Offering

Do you have questions about banking or how to title your accounts? Would you like a rate review on your accounts or IRAs? Do you have questions on how to insure your deposits with FDIC?

Would you like to talk to a banker about any concerns you may have? **Schedule an appointment with Chris Kalil, Assistant Vice-President, Branch Manager from Northern Bank** here at the Cameron Senior Center. Chris will be here on **Monday, May 8 at 10am** to answer your questions. Contact the front desk to schedule an appointment at 978-692-5523 or drop-in during the specified times to see him in between other appointments.

PRESCRIPTION ADVANTAGE is initiating an outreach campaign to **encourage members with high drug costs to review Part D plan options for 2017** as there may be a plan that can lower their expenses. Please call for a SHINE appointment if you would like to consider applying (978-692-5523).

As a Prescription Advantage member, you are entitled to a one-time Special Election Period (SEP) each year that allows you to join or change your Medicare drug plan outside of Medicare's open enrollment period.

If you have any questions, please call Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.

REMINDER: Save your Social Security benefit notification for 2017. You will need it to apply for many of the financial assistance programs that exist.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Deadline extended to apply until Friday, May 12 If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161. Otherwise, please call Alison at 978-399-2325 or Annette at 978-399-2326. Maximum Gross Household Income for LIHEAP: 1 person-\$34,001, 2 people-\$44,463, 3 people-\$54,925, 4 people-\$65,387.

T.R.E.A.D. -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

SENIOR TAX WORK AND VETERANS TAX WORK

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,000.00 (minus federally mandated deductions) reduction in your FY 2018 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place repeat applicants if necessary. Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid. **Applications must be submitted to the Senior Center by Friday, May 5. The lottery will take place**

Friday, May 19 at 11AM. All placements depend on applicant skills matching department needs (disabled Veterans may assign a proxy if approved by the VSO). If you have any questions, call Alison Christopher, LICSW at 978-399-2325.

Are You Interested?

GOLF ~ TIME TO GET TO THE GREENS!!

If you are interested in playing 9 holes of golf on **Tuesday mornings come join us at Quail Ridge** Great Road in Acton. Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. **Arrive at Quail Ridge at 8:30 am and pay at the Club house.** Be ready to hit the links by 9 am. **Please note Tee Off times are at 10 am on the following Tuesdays: May 9, June 13, Sept. 12 and Oct. 10.** A good way to meet other people and play a round of golf!

MUSIC MAKERS INVITATION

Go and support our Cameron Music Makers and the Robinson School 1st graders at **10am on Wednesday, May 3rd at the Robinson School.**

BOARD MEETINGS

COA Board – Wednesday, May 10 at 4 p.m.
Friends of Cameron – Thursday, May 4 at 12:30 p.m.

You may see two new faces around the Cameron the next couple of months. We are glad to have two young ladies with us and they are Rebecca Campbell who will be working with Katie Russell, Senior Assistant and Chloe Aiken WA Capstone intern who will be working beside Annette Cerullo, Outreach Coordinator.



We are looking for volunteers who would like to be substitute fitness monitor in the fitness center on Tuesday or Thursday evenings from 4-6 or 6-8PM. Also, we would like to find someone who would enjoy being a fitness equipment trainer also on Tues. and/or Thurs. evening. We can always train someone if you are not trained on correct usage of fitness equipment. This evening equipment trainer would be “as needed” and would not be required to be at the Cameron each Tues. and Thurs. evening. Thank you for your consideration and please let Jennifer know if you are interested by calling 978-399-2323.



ANNUAL TOWN ELECTION

***Don't forget to Vote on Tuesday, May 2
Polls will be open from 7 am until 8 pm***

Our IT Department has been very supportive to the Cameron by purchasing and installing our wireless radio in the sitting area and fitness room. We also appreciate their willingness to always be “on call” when we need them and sometimes make a frequent visit with short notice.



FRIENDS OF CAMERON CORNER

FRIENDS ANNUAL MEETING

Wednesday, May 24, at 6:30 p.m., Multi-purpose Room. Come help shape future directions for the Friends. Hear what we've been up to; vote on bylaw revisions; elect new officers; and share your ideas and views!

Seeking Officers – Volunteers wanted! Any Friends member may run for office. If you're interested, please leave your name and phone number at the front desk and someone will call you.

Volunteers Wanted!

DO YOU LIKE TO...OR CAN YOU HELP:

- FIX OR REPAIR CLOCKS?
- MEND (GLUE) WOOD, CHINA, PORCELAIN?
- APPRAISE COSTUME JEWELRY?
- APPRAISE ART?
- CLEAN DONATIONS FOR TRUDY'S?
- JOIN TRUDY'S SALES STAFF?
- ARE YOU GOOD AT PHOTOGRAPHY?
- ARE YOU PROFICIENT SELLING ON EBAY?

Trudy's Boutique **THRIFT SHOP**

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

**CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY
~ ALL AT AFFORDABLE PRICES ~**

COMING IN MAY

“PUT A LID ON IT!”

AND

“BIRDS OF A FEATHER”

DONATIONS ALWAYS APPRECIATED!

MEMORIAL DAY 2017



Westford celebrates Memorial Day this year on Sunday, May. The day starts out by honoring those veterans who are now deceased in various memorials in the villages. Brief ceremonies will be held at 9:00 AM at Freedom Park proceeding to the Forge Village memorials, the Graniteville memorial at 9:45 AM and then at the Bryne Ave. dam at 10:45 AM.

Volunteer readers will read off the names of over 1,000 deceased veterans who served starting at 10:45 AM on the Common. A parade thru the center of town will start at noon, followed by a service on the Town Common in recognition of Memorial Day and our veterans.

Veterans who wish to participate can join our veterans at 8:30 AM at the Cameron or at 11:20 AM at the Roudenbush Community Center. We are looking for Honor Roll readers, please contact us if you are interested by calling 978-392-1170.

VETERANS GRAVES TO BE FLAGGED

Prior to Memorial Day, veterans and volunteers will be placing American flags on each of the veteran's grave sites in our town's 7 cemeteries.

Our Town of Westford's Military Burial Index can be found at <https://data.westfordma.gov/vets>.

There is an ongoing effort of searching through the records to identify Westford veterans buried in our local cemeteries, inadvertent omissions may have occurred which will be corrected as they are identified. Please call the Veterans Services office at (978) 392-1170 for more information.



Director's Message

Nice outcomes:

The Cameron was enriched in several ways this past month sometimes we were scratching our heads trying to figure out the impact of Proposition 2 ½ for the Westford Public School and the impact of residents age 60 and over that are living on a very fixed income. As a center we came together and hosted an informational forum with the leadership of the Westford Public Schools, Town Manager, Selectmen, Finance Director and Assessor. There was a passionate exchange of communication shared amongst the audience and panel and by the end I felt personally a better understanding of all involved was understood and appreciated. With the proposed school override passing at Town Meeting I was encouraged by the elected officials, advocates and residents who unanimously agreed that a committee should be formed to research and look at varying options that could provide some tax relief to long-time residents as well as also families living on limited financial resources. If you are interested in serving on this newly appointed committee just fill out a **Citizen Activity Form found at www.westfordma.gov**. Also, this month **Ekaru of Westford** which provides computer and network services for small businesses once again provided needed gifts to our center which included a ceiling mounted eight-foot screen which will allow for easier accessibility and a larger picture for all to see no matter where you are seated in the multi-purpose room. **EKARU** also donated new portable computer speakers which will help with many program and class offerings. We would like to thank **Ann Westerheim, President of Ekaru** for their investment and partnership with the Cameron. Be watching for a **special program Ekaru** will be offering on **Cyber Security Workshop in June**. I had an opportunity to attend this training for Department heads for the Town and it was very insightful so don't miss this program opportunity.

Since we are on the topic of opportunity, I would like to remind you to join the **Friends of the Cameron for their Annual Meeting on Wednesday, May 24 at 6:30 PM in the multi-purpose room**. This is an important meeting because Friends members will be voting on new proposed by-laws as well as electing new board members and officers. I would like to recognize the following Friends Board members who served on the **By-law Revision Committee** and they are as follows: **Chris Kuntz, Chair; Barbara Upperman, Ed and Joan Greenwood and Richard Severyn**.

In closing, I would like to recognize the **Cameron Music Makers** for their most enjoyable and well attended Spring Concert performed under the directorship of the talented and engaging **Tom Boyer**.

Looking forward to seeing you at the Gay 90's and around the Cameron,

Jennifer Claro, Director

COA TRANSPORTATION SERVICE

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service area: Acton, Ayer, Carlisle, Concord, Chelmsford, Groton, Littleton, Lowell and Westford

Please call 48 hours prior to your appointment and please be flexible in your schedules.

Our first priority are rides to medical appointments, we will also take you to local errands, and all Cameron Senior Center sponsored activities.

Round trip cost within Westford \$3.00; to connecting towns \$6.00 (Acton, Carlisle, Chelmsford, Groton, Littleton); out-lying towns \$8.00 (Ayer, Concord, Lowell). **15-minute rule:** We ask that you be ready **15 minutes before** your scheduled pickup time and understand that we may pick you up **15 minutes after** your pickup time.

* Vans run Monday thru Friday **8:00 am – 3:00 pm**.

* Bingo: Mondays at 1:00 pm and Thursday nights at 7 pm

* For **same day** appointment changes please call the front desk at 978-692-5523

* When leaving a message please be sure to leave: **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.**

Please give Chuck a call at 978-399-2322 to get your seat on the van.

DAY TRIP WITH OUR VAN

Join us to visit **The deCordova Sculpture Museum on Friday, May 26 at 10 am departure from Cameron**. There will be a guided tour around the museum and a self-guided tour around the sculpture park. Lunch will be on your own in their Café. Cost for this trip will be \$20. Please sign up early space is limited. 978.692.5523.

SHUTTLE SERVICE TO BOSTON MEDICAL FACILITIES

MONTACHUSETT REGIONAL TRANSIT AUTHORITY (MART)

SHUTTLE SCHEDULE

LEAVES LITTLETON STATION (RT2/495) 8:05 am 12:35 pm 3:35 pm

ESTIMATED RETURN TIME FROM BOSTON 9:45 am 2:15 pm 5:15 pm

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FEES: \$10 FOR SENIORS VETS ARE FREE

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MUST CALL 978-448-1170 TO SCHEDULE A RIDE ~ RIDES ARE ONLY ON WEDNESDAY'S AND THURSDAY'S

WEDNESDAYS: MASS GENERAL, DANA FARBER, BRIGHAM & WOMEN'S, BOSTON VA

MAKE APPOINTMENTS BETWEEN 10 am AND 1 pm

THURSDAYS: EMERSON, LAHEY, BEDFORD VA

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ROUND TRIP FEES: BOSTON \$15; EMERSON \$5; others \$10; VETS ARE FREE

FYI ~ ASK ABOUT OTHER AVAILABLE MEDICAL FACILITIES AND SERVICE AREAS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bone Builders 9:30 am Quilting Club 9:30 am Healthy Eating 10:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	2 TOWN WIDE ELECTIONS Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm	3 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	4 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30pm Bone Builders 1 pm Veterans Services 4 pm Circuit Training 5:30 pm Bingo 7 pm Tai Chi-Yang Tao 7 pm	5 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am DEADLINE TODAY FOR SENIOR/VETERANS TAX WORK
8 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Meet the Banker 10 am Elegant Chef 11:30 am Art/Open Studio 12 noon Shine 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	9 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Ask the Lawyer 9:30am Blood Pressure 9:30 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm Lowell General 5:30 pm	10 Aerobics 9:30 am Bone Builders 9:30 am Reflexologist 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	11 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Hand & Foot 12:30 pm Bone Builders 1 pm Circuit Training 5:30pm Bingo 7 pm Tai Chi-Yang Tao 7 pm	12 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm DEADLINE TODAY FOR FUEL ASSISTANCE
15 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	16 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Serenitea 2pm Ping Pong 4 pm Circuit Training 4:30pm Book Club 6 pm	17 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	18 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Circuit Training 5:30pm Bingo 7 pm Tai Chi-Yang Tao 7 pm	19 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lobster Roll Lunch 12:30 pm Make Cupcakes 1 pm
22 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	23 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Gay 90's at Franco 10:30 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Savvy S/S Planning 6 pm	24 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Friend's Annual Meeting 6:30 pm	25 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am May Birthday Lunch 12:30 pm Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm Tai Chi-Yang Tao 7 pm	26 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
29 CLOSED  HOLIDAY	30 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm	31 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	 2017	



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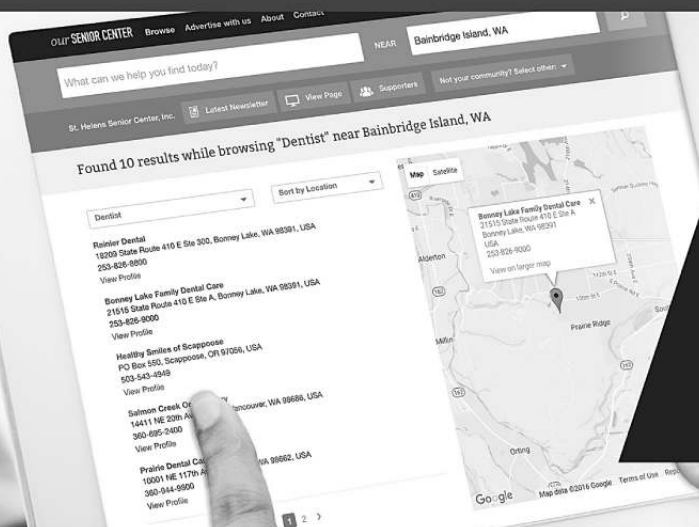
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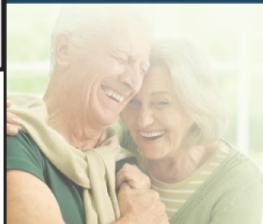
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NEW ~ INVITING ALL THOSE AGE 50 AND OVER

Tuesday, June 13, “Foxwoods/Mohegan”

Buckingham Motor Coach departs from the Franco American Club at 7:30 AM. The fee of \$30 includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Wednesday, May 24 - Stayin’ Alive The World’s #1 Tribute to the Bee Gees. Best of Times presents Stayin’ Alive, with the vocal match of Tony Mattina, Todd Sharman, and George Manz, creates a realistic sense of hearing and experiencing the brothers’ Gibb live in concert. The vocal trio, backed by studio musicians who wholly capture the sound mystique of The Bee Gees. A GREAT Show! Price: \$92 p/p, which includes transportation, lunch, show, tax, meal & driver gratuity. Register at 978-692-5523. Departure Time TBD.

Monday, June 19- Sail Around the Tall Ships Aboard the Provincetown. Join Best of Times Travel in experiencing the wonder and excitement of it all as we sail through Boston’s historic harbor on the Provincetown II, capturing magnificent views of the fleet. We’ll be viewing it all from the best vantage point possible-the water! The price is \$98 per person, which includes transportation, luncheon, entertainment, and cruise driver gratuity. Register at 978-692-5523. Departure time is TBD. **Special Note:** The Provincetown II has 3 spacious decks. We board via the middle deck. All restrooms are located on the lower deck accessible via a stairway (fully equipped with handrails). There are no elevators onboard.

Tuesday, July 25 at 9:30am – Lake Winnepesaukee Cruise
Sailing from Weirs Beach, you’ll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous Lake. Includes a buffet lunch. Tour cost is \$82.00 including driver gratuity. Sign up at 978 692 5523. Leaving from the Franco at 9 A.M.